

Health Education Connections

News about Health Education, Social/Emotional Learning, and School Climate

Cambridge Public Schools Upper School Network

What Students are Learning in Health Class This Trimester

Grade 6

Getting Along With Others. In the stress lessons, students learn what stress is, how to prevent it and how to manage it. We explain that stress is anything that puts pressure on us. It's part of life. Stress can be useful. It can help us learn new skills, but it can also make us anxious, depressed or sick. It is normal. Everyone experiences stress. We will talk about how a lot of daily stress can be prevented if you manage your time and learn to be organized.

Grade 7:

Social and Emotional Health. The Feelings lessons look at dealing with stress and anxiety. There are also Communication lessons on avoiding misunderstandings by asking questions, being specific, paraphrasing and aligning verbal and non-verbal messages.

Grade 8

Media and Health. This unit focuses on the purpose of media. Students will be able to identify how media, like literature, communicates a point of view and tells a story. Students will reflect on their own daily use of media and the role of the media in promoting and reinforcing racial and gender stereotypes. Students look at advertising critically, as consumers and as teenagers. Students will become aware of the amount of advertising that they are exposed to daily. They will identify the techniques companies use to convince people to purchase certain products.

Resources for Families

Resources for Parents and Teens

National Sleep Foundation

<http://www.sleepfoundation.org/>

Mindfulness Based Stress Reduction
UMASS Medical

<http://www.umassmed.edu/cfm/stress/index.aspx>

Local Mental Health Resources

<http://www.cpsd.us/cms/One.aspx?portalId=3042869&pageId=3497901>

Book: The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress by Gina M. Biegel

Book: Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else by Dr. Christopher Willard

CD: Indigo Teen Dreams: Guided Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety while Increasing Self-esteem and Self-awareness

Health and Social/Emotional Life Skills to Practice Together

Three stress management practices that students learn are deep breathing, progressive muscle relaxation and guided imagery. Progressive muscle relaxation relaxes your mind and body by tensing and relaxing muscle groups throughout the entire body. Guided imagery is used to guide your imagination toward a relaxed, focused state using an instructor, tapes, or scripts. Ask your child to guide you in a breathing or relaxation activity. Talk to them about ways you try to manage your stress and ask them what makes them feel stressed.

Reality Check

Results from the 2015 Middle Grade Health Survey

- 23% of last year's middle graders reported worrying about MCAS and grades
- 20% reported worrying about their weight
- 20% of last year's students stated that they felt depressed for 2 or more weeks
- 40% stated they were dealing with a loss
- 82% stated that they had a parent/adult family member they could talk to about important issues

What's Going on Physically with your Middle Grader?

Students in this age range:

- Need lots of food, physical activity and sleep – between 8-9.5 hrs of sleep a night
- Can be restless and energetic
- Growth spurts for girls can begin at age 11, for boys at age 12
- Girls show signs of puberty; menstruation can begin at 11 or as early as 8 or 9
- Boys may show signs of puberty at 13
- Skin problems are common around age 13, hygiene becomes more important

*Adapted from **Yardsticks** by Chip Woods,
Northeast Foundation for Children*

For more information on young adolescents

Developmental Designs for Middle schools
<http://tinyurl.com/759lmc2>

Community Connections Cambridge Economic Opportunity Committee (CEOC)

CEOC has been providing the Know Your Body program in the Cambridge Public Schools for over 30 years! CEOC also provides many other services including preschool childcare, housing advocacy regarding tenant rights and eviction, food pantry, homeless prevention, and free tax preparation. They provide financial education and coaching to assist individuals and families to develop financial skills to build economic security by providing education, analyzing participants' current financial situation and helping them achieve their goals. CEOC's Individual Development Accounts (IDA) match the deposits of individuals with limited income to assist in savings toward college

Learn more:

CEOC - 11 Inman Street, Cambridge
(617) 868-2900
www.ceoccambridge.org

Contact the Health Education Team

Amigos School
Cambridge Street
Putnam Avenue
Rindge Avenue
Vassal Lane

Patrick Kantlehner
Daniel Georgette
Fatima Sammy
Justin McNulty
Brendan Grimm

pkantlehner@cpsd.us
dgeorgette@cpsd.us
fsammy@cpsd.us
jmcnulty@cpsd.us
bgrimm@cpsd.us

Program Leader, Health & Social Emotional Learning: Kim DeAndrade kdeandrade@cpsd.us 617-349-6851